

Full Report (All Nutrients) 01033, Cheese, parmesan, hard

Report Date: June 22, 2017 11:09 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz. 28.35g	1 cubic inch 10.3g	5.0 package (5 oz) 142g
Proximates							
Water	g	29.16	10	0.623	8.27	3.00	41.41
Energy	kcal	392	--	--	111	40	557
Energy	kJ	1641	--	--	465	169	2330
Protein	g	35.75	13	0.793	10.14	3.68	50.77
Total lipid (fat)	g	25.83	24	0.726	7.32	2.66	36.68
Ash	g	6.04	8	0.314	1.71	0.62	8.58
Carbohydrate, by difference	g	3.22	--	--	0.91	0.33	4.57
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0
Sugars, total	g	0.80	--	--	0.23	0.08	1.14
Minerals							
Calcium, Ca	mg	1184	23	29.713	336	122	1681
Iron, Fe	mg	0.82	4	0.193	0.23	0.08	1.16
Magnesium, Mg	mg	44	4	0.872	12	5	62
Phosphorus, P	mg	694	19	20.997	197	71	985
Potassium, K	mg	92	4	5.964	26	9	131
Sodium, Na	mg	1376	--	--	390	142	1954
Zinc, Zn	mg	2.75	4	0.043	0.78	0.28	3.90
Copper, Cu	mg	0.032	--	--	0.009	0.003	0.045
Manganese, Mn	mg	0.020	--	--	0.006	0.002	0.028
Selenium, Se	µg	22.5	--	--	6.4	2.3	31.9
Vitamins							
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0

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Thiamin	mg	0.039	1	--	0.011	0.004	0.055
Riboflavin	mg	0.332	4	0.016	0.094	0.034	0.471
Niacin	mg	0.271	12	0.047	0.077	0.028	0.385
Pantothenic acid	mg	0.453	1	--	0.128	0.047	0.643
Vitamin B-6	mg	0.091	15	0.003	0.026	0.009	0.129
Folate, total	µg	7	20	0.737	2	1	10
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	7	20	0.737	2	1	10
Folate, DFE	µg	7	--	--	2	1	10
Choline, total	mg	15.4	--	--	4.4	1.6	21.9
Vitamin B-12	µg	1.20	--	--	0.34	0.12	1.70
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	207	--	--	59	21	294
Retinol	µg	201	--	--	57	21	285
Carotene, beta	µg	66	--	--	19	7	94
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	781	--	--	221	80	1109
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.22	--	--	0.06	0.02	0.31
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.5	--	--	0.1	0.1	0.7
Vitamin D3 (cholecalciferol)	µg	0.5	--	--	0.1	0.1	0.7
Vitamin D	IU	19	--	--	5	2	27
Vitamin K (phylloquinone)	µg	1.7	--	--	0.5	0.2	2.4
Lipids							
Fatty acids, total saturated	g	16.410	--	--	4.652	1.690	23.302
4:0	g	1.299	1	--	0.368	0.134	1.845
6:0	g	0.487	1	--	0.138	0.050	0.692
8:0	g	0.260	1	--	0.074	0.027	0.369
10:0	g	0.648	1	--	0.184	0.067	0.920
12:0	g	0.873	1	--	0.247	0.090	1.240

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14:0	g	2.911	1	--	0.825	0.300	4.134
16:0	g	6.966	1	--	1.975	0.717	9.892
18:0	g	2.301	1	--	0.652	0.237	3.267
Fatty acids, total monounsaturated	g	7.515	--	--	2.131	0.774	10.671
16:1 undifferentiated	g	0.394	1	--	0.112	0.041	0.559
18:1 undifferentiated	g	6.656	1	--	1.887	0.686	9.452
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.569	--	--	0.161	0.059	0.808
18:2 undifferentiated	g	0.272	1	--	0.077	0.028	0.386
18:3 undifferentiated	g	0.297	1	--	0.084	0.031	0.422
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	68	4	2.998	19	7	97
Amino Acids							
Tryptophan	g	0.482	--	--	0.137	0.050	0.684
Threonine	g	1.317	--	--	0.373	0.136	1.870
Isoleucine	g	1.894	--	--	0.537	0.195	2.689
Leucine	g	3.452	--	--	0.979	0.356	4.902
Lysine	g	3.306	--	--	0.937	0.341	4.695
Methionine	g	0.958	--	--	0.272	0.099	1.360
Cystine	g	0.235	--	--	0.067	0.024	0.334
Phenylalanine	g	1.922	--	--	0.545	0.198	2.729
Tyrosine	g	1.995	--	--	0.566	0.205	2.833
Valine	g	2.454	--	--	0.696	0.253	3.485
Arginine	g	1.317	--	--	0.373	0.136	1.870
Histidine	g	1.384	--	--	0.392	0.143	1.965
Alanine	g	1.048	--	--	0.297	0.108	1.488
Aspartic acid	g	2.236	--	--	0.634	0.230	3.175
Glutamic acid	g	8.209	--	--	2.327	0.846	11.657

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Glycine	g	0.622	--	--	0.176	0.064	0.883
Proline	g	4.180	--	--	1.185	0.431	5.936
Serine	g	2.068	--	--	0.586	0.213	2.937
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0